ABSTRACT OF THE DISCLOSURE

Skin care and cleansing compositions are described that contain oil seed products that provide moisturization and in a preferred embodiment simultaneous exfoliation. Oil seed products contain oil bodies, seed shell and optionally other seed components. In a further embodiment, a toilet bar is provided that contains one or more anionic surfactants and 0.1 to 5.0 % by wt. of oil seed product particles where a majority of the particles have a major axis length of between 0.01 to 200 microns.